



MARTIN LUTHER CHRISTIAN UNIVERSITY

SCHOOL OF SOCIAL WORK

SUMMARY REPORT

Name: Sisanthia Grace Kharlukhi and Vivikali Awomi

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MSW 4THSemester

Public Health specialization

Introduction

The internship at Pro Rural, Dimapur, started on 14th April and concluded on 30th May, offering the student social worker a rich and immersive learning experience over the course of six weeks. During this period, we were actively involved in various community development activities, awareness campaigns, field visits, and documentation work. The internship allowed us to apply the theoretical knowledge gained in the classroom to real-life situations, deepening my understanding of rural issues, development challenges, and grassroots-level social work. It also helped student social worker enhance communication, organizational, and interpersonal skills, while strengthening our commitment to social justice and community service.

Activities:

The activities that the student social worker were engaged in are as follows:

- **Presentation Making:** Creating informative slides or posters to convey key messages.
- **Documentation:** Recording observations, findings, and reflections in reports or journals.
- **Making a Hand Wash Chart:** Designing visual aids to educate on proper handwashing techniques.

APPI Project (Seed Distribution to 11 Villages):

- Participated in the distribution of agricultural seeds to 11 villages as part of Pro Rural's sustainable livelihood initiative.
- Assisted in preparing beneficiary lists by coordinating with field staff and local village leaders.
- Helped in logistics planning, including packing, loading, and organizing transportation of seeds to remote areas.
- Took part in on-site distribution activities, engaging directly with farmers and community members during field visits.
- Communicated the purpose and benefits of the seed distribution to villagers, helping build awareness and trust.
- Helped document the process through photographs and short reports for monitoring and record-keeping.
- Observed how such initiatives contribute to food security, income generation, and agricultural development in rural communities.
- Gained practical exposure to rural project implementation, stakeholder coordination, and field-level problem-solving

Medical Health Camp Activities:

- **Health Screenings:** Offering free check-ups such as blood pressure, blood sugar, to detect common health issues.
- **Consultations with Specialists:** Providing access to doctors specializing in areas like cardiology, ophthalmology, and general medicine.
- **Distribution of Free Medicines:** Supplying essential medications to those in need, often based on prescriptions from the attending medical professionals.
- **Post-Camp Follow-Up:** Ensuring that individuals who require further treatment are referred to appropriate healthcare facilities.

Awareness program on menstrual hygiene in Government high School Nsong town:

- Organizing an awareness campaign on menstrual hygiene for school girls is a crucial step toward promoting health, dignity, and gender equality. Here's a comprehensive guide to planning and executing such a campaign:
- **Workshops and Awareness Sessions**
- **Target Audience:** School girls, teachers, and staff.
- **Content:** Information on menstrual health, hygiene practices, and the importance of sanitation.
- **Method:** Interactive discussions, presentations, and Q&A sessions.

Participation in Water Quality Monitoring Training

- Attended a Water Quality Monitoring Training organized by NERIWALM (North Eastern Regional Institute of Water and Land Management) in collaboration with the Water Resources Department, Government of Nagaland.
- The training was conducted as part of capacity-building efforts to promote safe water practices and sustainable water resource management.
- Gained hands-on experience in using water testing kits to measure parameters like pH, turbidity, hardness, and presence of contaminants.
- Learned about the importance of water quality monitoring in ensuring community health and managing rural water supply systems.
- Engaged with experts and officials from NERIWALM and the Water Resources Department, enhancing my understanding of policy-level initiatives and technical approaches.
- Understood the impact of poor water quality on rural livelihoods and health, especially in remote and underserved areas.
- Networked with other trainees and stakeholders, fostering a deeper appreciation for inter-agency collaboration in development work.
- The training strengthened my knowledge and skills in environmental health, public awareness, and water resource management, which are vital for community-based social work.

Challenges:

- **Challenges Faced as a Student Social Worker at Pro Rural, Dimapur**
- Interning at Pro Rural, Dimapur was an enriching experience, but it also came with its share of challenges. As a student social worker stepping into the field for the first time, I encountered several obstacles that tested my adaptability, patience, and professional growth.
- **Language and Cultural Barriers**
One of the primary challenges was the language barrier. While we couldn't communicate in English and basic Nagamese, and their local dialect since many community members spoke local dialects, which made interaction and trust-building difficult in the beginning. Understanding cultural nuances and traditional practices also required extra effort and sensitivity.
- **Field Conditions and Accessibility**
Working in rural areas often involved traveling to remote villages with limited transportation and poor road conditions. At times, unpredictable weather and long distances made field visits physically demanding and time-consuming.
- **. Time Constraints**
As an intern with a limited time frame, I found it challenging to build deep relationships or see long-term impacts of the projects I was involved in. Continuity in some cases felt lacking due to the short duration of the internship

Learning

- ✓ Learned how to build rapport and trust with rural communities
- ✓ Understanding the importance of involving the community in identifying their own needs.
- ✓ Improved public speaking and facilitation skills .
- ✓ Understood the structural barriers rural communities face in accessing basic services
- ✓ Gained experience in planning and conducting awareness session on different topics .
- ✓ Observed and participated in PRA techniques for community assessment

Conclusion:

Our two-month fieldwork at Pro Rural, Dimapur, was a highly enriching and transformative experience. It provided me with practical exposure to rural social work, especially in the areas of community mobilization, sustainable development, and health education. The placement not only strengthened my academic understanding but also enhanced my field-based competencies.

Working with a committed team of professionals, I learned the value of patience, cultural sensitivity, and community engagement in addressing grassroots-level issues. This experience has motivated me to continue working with rural communities and has strengthened my commitment to the values and ethics of the social work profession.

The student social worker are deeply grateful to the Director of Pro Rural for providing us with this valuable opportunity to be part of such a committed and impactful organization. Your leadership, vision, and dedication to rural development have been truly inspiring and motivating. Thank you for creating a space where learning is nurtured, values are upheld, and every effort is made to bring positive change to the lives of the people you serve.

The student social worker would also like to sincerely thank all the staff members of Pro Rural for their constant support, guidance, and cooperation throughout our placement. Each of you played a significant role in helping the student social worker navigate the fieldwork experience. Your patience in answering my questions, your willingness to involve me in various activities, and your warm hospitality made me feel welcomed and valued as part of the team.

The knowledge and experiences I gained here will undoubtedly shape my future as a social worker. The student social worker will carry forward the lessons learned at Pro Rural and continue to be inspired by your unwavering commitment to community service.

